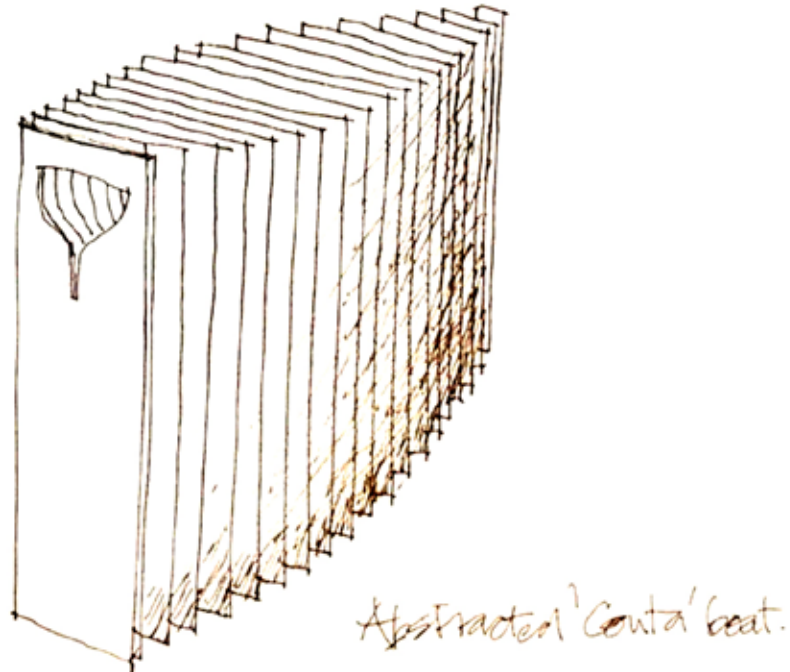
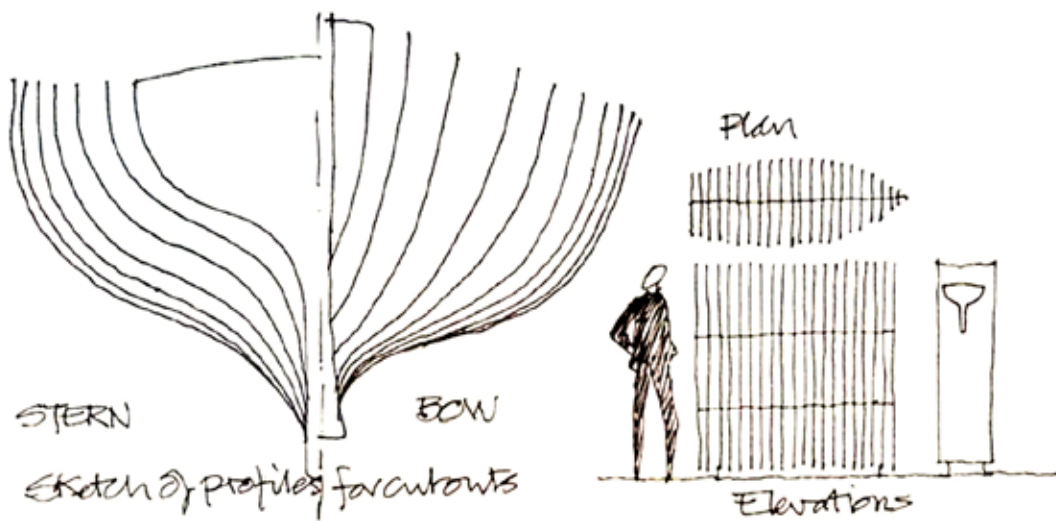


LORNE

Independent \$2

No 189 August 2017

Produced as an independent newsletter by Lorne Independent Inc.



THE COUTA BOAT

Ambitious plan to build sculpture for next year's Biennale.

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THE COUTA BOAT

Ambitious plan to build sculpture for next year's Biennale

The call by the Lorne Men's Shed for submissions for a cousta boat design (and built by the Sheddors) suitable for inclusion in next year's Biennale Sculpture exhibition has uncovered some remarkable talent.

Of all the submissions, one design, however, was outstanding – that of the winner, local retiree Tony Wolfenden.

A former prize winning designer, Tony is known around Lorne for his magnificently designed art kites and model yachts.

His winning entry for the Men's Shed consisting of detail plans and a maquette, and was awarded prize money of \$500.

President of the Sheddors, Allan Walls said that he hoped most of the Shed's members would participate in the project in some form of other.

The design envisages a 1.7 m high by 1.7m long series of vertical panels that are spaced apart and vary in their width describing a boat shape.

At the end panel (the stern of the boat) there is a transom shaped cut out that invites the viewer to experience the sense of being inside and looking down the length of the hull by viewing a progressive line of cut outs that describe the sculptural form of this iconic vessel.

The cousta boat was developed in the latter part of the 19th century as a small commercial sailing boat to harvest the so-called 'barracouta' found aplenty in waters off South-Eastern Victoria.

The 'barracouta' was misnamed – the fish was actually a type of snake mackerel – but gradually the boats became known as cousta boats, easy to manage by a small crew, fast and able to hold considerable quantity of fish.



Model of the Cousta Boat and Allan Walls, President of the Sheddors and Tony Wolfenden

The cousta boat contributed substantially to the south-eastern Victorian commercial fishing industry from the 1870s to 1930s but gradually motor-powered boats replaced sail and the public's taste for the fish changed to other species.

Lorne had a substantial fishing industry but for some reason not yet properly identified, the cousta catch started to decline rapidly after 1974.

Most of the fishermen turned to other ways of making a living; many sold their houses and boats and moved out of Lorne.

Biography

Tony Wolfenden, From London to Lorne

After fifty five years of work as an Industrial Designer, Tony Wolfenden retired to Lorne with his wife Jill, a former Psychotherapist where they already had a holiday home.

The house had been gradually renovated and they moved to Lorne full time about thirteen years ago. Tony had travelled the world in the 1980s exhibiting and flying a large collection of kites that he had constructed as an all encompassing hobby.

He continued making art kites in Lorne and also branched out to making model yachts which has become his current focus.

Born in London in 1935 Tony went on to graduate from the Hornsey College of Art and the Central School of Art, with distinction in Industrial Design.

He designed furniture in Toronto Canada winning two major design awards and worked as a sculptor, exhibiting in an important group show: Toronto 61.

Tony arrived in Australia in 1962 and worked as a designer with architectural firms, eventually forming his own practise.

High points were furniture design for the High Court and the new Parliament House in Canberra, along with many interior and product design projects.

He is the holder of 68 Design Awards from the Industrial Design Council of Australia and was admitted to the Victorian Design Award Hall of Fame in 1995.



FROM OUR COUNCILLOR

For the Lorne Ward

Just letting you know that GORCC has officially opened consultation on the Memorial Arch Options Paper until 25 August 2017.

The paper has been developed by Great Ocean Road Coast Committee, Great Ocean Road Tourism, Surf Coast Shire, Department of Environment, Land, Water and Planning (DELWP), VicRoads, Regional Development Victoria and Parks Victoria with input from a community reference group, Tour Operators and the broader community.

As means of background, an issues and opportunities paper was released in January 2016 and outlined several significant issues associated with the current use of the Memorial Arch precinct, including:

- Overcrowding during peak visitation times.
- Safety concerns associated with undefined parking areas.
- Unsafe pedestrian practices including standing on road to take photos.
- Toileting in the nearby dunes and residential areas.
- Littering.
- Inappropriate beach access and damage to native ecosystems.

Through extensive community consultation and in discussion with the tourism industry, Great Ocean Road Coast found:

- There is support for creating alternative photo opportunities in coastal towns to relieve pressure on the Memorial Arch site and direct tourists to spend money in townships
- The heritage of the site is paramount
- There appears to be limited support for building public toilets on the already over-stretched site.

The Options Paper to date proposes a few scenarios for the future management of the site:

- **Snap Shot.** The key change from the existing arrangement is the removal of parking for large tourist buses and large vehicles from the precinct.
- **Rest Point.** Extension of the Snap Shot arrangement but with the addition of bus parking further to the east of the current car park (situated on an already disturbed area, subject to weed removal).



- **Drive Thru.** Based upon the premise that the current site is unsuitable as a stopping point and should be limited to a marker along the Great Ocean Road rather than a stop.
- **Other.** This is to ensure we capture any other management ideas the community may have for the site.

The detailed options paper, along with the issues and opportunities paper, questions and answers, are available at <http://www.gorcc.com.au/projects/memorial-arch-precinct-master-plan/>

Hard copies are available at VICs, Great Ocean Road Coast caravan parks and various other information boards.

Cr Clive Goldsworthy
Lorne Ward,
0400 756 854
lornewardinformation@gmail.com

AGM

**Lorne and District
Men's Shed**

**This year's
AGM**

**will be held at
the Lorne Shed on Saturday
23rd September
at 10.00 am.**

Lornecare News

- caring for our environment

Joining in a LorneCare working bee is a practical way of learning about Lorne's magical environment and showing your love for it.

This month we will be working with the Friends of Queens Park.

We will meet in the car park near Teddy's Lookout at:

10.00am on Sunday 20 August

As usual, our working bee will be followed by a barbeque at about 12.30pm. Visitors and new starters will be made especially welcome.

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*For more information about LorneCare contact:
Alain Purnell Tel: 5289 2906 Mobile: 0417 031 905*

Lorne – a place of natural beauty and special significance

ILLEGAL RUBBISH DUMPING

Surf Coast with \$10,000 bill

Construction waste, old cars and mattresses have been among the hard rubbish dumped in forests and parks along the Surf Coast over the last 12 months.

The problem of illegal dumping saw Parks Victoria and the Department of Environment, Land, Water and Planning (DELWP) spend close to \$10,000 on removal costs last financial year.

Parks Victoria Surf Coast Area Chief Ranger Peter Hay said: "Our parks and forests are maintained for the enjoyment of the community, and it's disappointing that an inconsiderate few are treating these areas as a dumping ground.

"In the last 12 months, valuable staff time has been used disposing of a significant amount of rubbish, from construction waste and car parts to mattresses and microwaves.

"We've removed five cars which were dumped across the Anglesea Heath and the Great Otway National Park."

"Tyres are often discarded in our forests and parks which is a cause for concern."

"In addition to being a fire hazard, tyres contain toxic chemicals which can leach into the environment."

"Another threat to the environment is the green waste that is often discarded around Anglesea, Aireys Inlet and Lorne."

"While taking our staff time to collect, transport and dispose of the green waste appropriately, there's also the potential for this waste to introduce weed species to the natural environment."

DELWP Senior Forest Management and Roding Officer Craig Clifford said: "The money that is being spent on removing rubbish, could be far better used for maintaining and improving facilities in our parks and forests."

"If you see any suspicious behaviour or witness an illegal dumping, please report it to the EPA on 1300 372 842, or to our Customer Service Centre on 136 186."

Anyone caught littering or dumping in National Park or Forest Park can face a \$317 on-the-spot fine, which increases if they fail to respond to Parks Victoria or DELWP notifications after the fact.

Offenders can also be prosecuted in court under Section 45E of the Environment Protection Act 1970, which carries a maximum penalty of \$6,342.

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THE LOUTTIT LOOP

We mark the passing of Joan Wheal – one of the iconic strong women of very early Lorne. Joan was totally involved in so many organisations, being a prime mover and passionate worker right from the start of the Historical Society, the Opportunity shop and driving almost a one-man demand for a safe walk way on the Deans Marsh Road into town.

Unfortunately despite all her spirited fighting, the outcome of this last plea to the Shire has been particularly unsuccessful. Yes, there is a walk of sorts – but most of the senior folk who walk this way are unable to tackle the steep inclines involved and still choose to walk along the side of the road, despite the obvious dangers. Maybe we should once again start campaigning for The Joan Wheal Walk to be properly constructed from the outskirts of town – even if it must be a wooden boardwalk hanging off the ‘naturestrips’. RIP dear Joan – you will never be forgotten. Sympathies to Peter and to Kristie and Michael.

A gathering to celebrate Joan’s life will be held at the Lorne Country Club on Monday 31st July at 1.00.

Congratulations to the Lorne-Aireys Inlet P-12 school for being voted 5th on the Region’s Highest Performing Schools list. Covering schools in Geelong, Surfcoast Shire and Colac, the four schools above Lorne in the results are all Private Schools. Congrats to the kids, their teachers and mentors.

Murph’s retired! Hard to believe after 47 years with Australia Post! In 1994 when Post Offices were “privatized” Lorne was the first in Victoria! Kevin and Helen took over from Heather and John Schmidt (now resident in Yamba NSW). They did a great job, and despite passing on the business to Ken and Chick (now at the Hardware Shop) and keeping on keeping on with the present excellent operators Jenny and Dahle they have both remained very involved. Up at 4.00 a.m Kevin sorted the mail and then sped round Lorne on the motorbike delivering it – for 22 years. And a fantastic job he did too. Helen fills in at the counter when required. Now after what seems a lifetime of involvement with the efficient delivery of our mail, they are looking forward to some holidays! Mind you bet they give Dahle and Jenny a well-earned break when the time is right. Thanks to you two for ensuring that “the mail got through!!!” Father of four, young Paul Gent from Deans Marsh has taken over and we look forward to getting to know him! It must have been a huge challenge to receive and disperse the mail when the Lorne Post Office opened in 1874. Considering the Great Ocean Road did not open until 1924 - a most difficult task.

Late breaking news, but not too late! Bev at the Commonwealth Bank has become a Grandma at last!

Call in to see divine photos of little Coco, and to see a very merry model of a very modern Grannie!

Luke Morgan has taken a well-earned break from tending the chopping board and the oven at the Bowls Club. He’ll be back on 8th September.

How wonderful to see Neita McConachy back on duty at the Op Shop – albeit as cashier. Thanks to Brock for making this possible, and pop in on a Tuesday morning if you want to catch up with this very very special lady.

Big thumbs up to Foodworks Supermarket for fully embracing the plastic free push in Lorne. They’ve offered customers 3 Orange re-usable Enviro bags to get them started, and are regularly releasing v interesting stats. on the Lorne Goes Plastic Free Facebook page. They’ve committed to a twelve month project to seriously reduce the use of plastic bags in the town. Well done team, now its over to us.

We have lots of special parking for motorbikes in our main street, not that the bikes use them very often. Don’t you hate seeing one or two bikes taking up one of our precious parking spots, ignoring their designated areas? We also have plenty of Disabled spots. BUT – these are restricted to Permit holders only and they are only entitled to park for TWICE the time indicated by the time-based parking sign!

Thanks to all the stoic retailers who have kept the shops going most of the time throughout this particularly cold winter. Can you believe that some racist nutters took the advertising board from outside Chopstix Noodle Shop and relocated it at the main beach. Not only that, but they graffiti’d it with some disgustingly racist words which were so inappropriate, untrue and unAustralian that one can only apologise to the owners of the shop on behalf of these brainless idiots, some of whom are known to locals.

About eight years ago a very attractive happy young Birmingham lass in her early 20s paused in Lorne on her round Oz trip. She got work at The Indian (now Chopstix) and then The Arab and weeks turned to months. Friendly smiling Katie Weston bonded with so many people, and was totally charmed by what Lorne has to offer. She began eyeing off one particular local lad who hung around the Arab in his Visitors’ Centre uniform. And so began a very special story of a blooming romance in our town! Not the first that’s for sure. Eventually Katie and Leon organised a superb wedding using casseroles and plates from the Op Shop. Katie also worked at the Grand Pacific and at Mantra organizing big events and many weddings. They managed to fit in some travelling and produced Rafferty and Sol – their superb little sons. Last year they opened the wonderful Hah Lorne Beach eatery near the swimming pool on the main beach, and it’s exactly what Lorne needed! Healthy food, bikes and boards for hire, games to play while the kids run round on the beach, all with an emphasis on being environmentally sustainable. Order a takeaway coffee and they’ll lend you a cup to hopefully bring back! A couple of weeks ago Katie Walker took the very serious step of becoming an Australian Citizen. We are so proud of her and of Leon who are hard working Aussies living their dream!

Fingers crossed that the Stony Creek bridges damaged in last September’s big storms may be repaired in time for Christmas. No bets being taken though!

Lillian

EDITORIAL

Art by its very nature attracts a wide range of the positive and the negative – at its simplest, it's a personal choice: you either like the painting, the piece of sculpture, the installation or whatever. Or you don't.

But every-so-often one comes across art where the reaction is nothing but enthusiastically positive.

Tony Wolfenden's concept of a couta boat-inspired sculpture is one, and Tony aims, with the help of the Lorne Men's Shedders to enter the creation in next year Lorne Biennale Sculpture Exhibition. The Exhibition will be held on our foreshore between March 17 and April 2.

From previous media statements, the Exhibition hopes to select sculpture which 'explore the intersection of nature, humanity and the arts.'

In the scheme of things, Lorne has a comparative short history of white settlement, just under two hundred years from when the first white explorers pushed their way through the eucalypts and viewed the beauty of what was later to be called Louttit Bay.

The first settled went for the land in pursuit of suitable grazing for their cattle and other live-stock.

Realistic ambitions in those days ...however, Lorne does not owe its existence to grazing stock or farming but the lucrative timber supply which took hold soon after the first permanent settlement, to be followed by a very extensive and valuable fishing industry.

Timber was of course a prime commodity for growing population centres such as Geelong and Melbourne and people also had to eat, contributing factors to the development of the innovative couta boat which made harvesting the snake mackerel, or 'couta' both easy and lucrative. If anything meets the definition of nature, humanity, and the arts, then it's Tony Wolfenden's couta boat design.

The first version will be constructed by Lorne's Men's Shedders from wood, a natural and very beautiful material, but there is already talk of another version, bigger and made to last by using rusted iron, steel, even worked rock or some form of cement combination.

What a wonderful addition it would be to have the Wolfenden piece purchased, post-Biennale, to add to the Lorne's already superb collection of sculpture, to join the 'Dart', the 'Pack' and the 'Super Model' to stir artistic sensibilities on our Foreshore.

Depending on its final design and all-weather construction, it would of course be a perfect sculpture to be placed on the final rise as the Great Ocean Road winds its way down into North Lorne.

What an ideal hook for public relations. Lorne, the place where the couta boat was once king. A publicists' dream.

A sort of artistic 'Welcome to Lorne'.

A New Direction

We would like to introduce to you our new Lorne Independent.

Although our editorial direction has not changed, and each month we hope to offer you content relevant to Lorne and Deans Marsh, we've decided to offer you a new, fresher layout.

Hopefully, you'll like it!

However, we are always open to suggestions so if you've got any ideas, let us know soonest.

And each month you'll be able to read our very popular writers such as our Lillian, John Ford on sport, Doug Williams on his personal take on gardens, Dr David Mullen on medicine and the very latest on what's what in our town.

As for my role, I have been asked to stay on until all problems to our new approach have been ironed out.

Thank you for your support since our very first day of publication – your belief and backing of what the Lorne Independent is all about motivates and inspires us all.

Jo Vondra - Editor

LORNE P-12 Principal's Report

A big welcome back to everyone for Term 3 and we look forward to many rewarding learning experiences for our students during the term.

During the holidays, twelve of our students and three staff had the opportunity to walk the legendary Kokoda Track. A remarkable achievement and based on the stories we have heard one which was hugely successful and one they will remember forever.

A huge thanks to staff members Simon Scholtes, Amy Lane and Tony Speed for organising the logistics, accompanying our students and ensuring their safety. Congratulations to our students who were identified by the trek guide as the best group he has ever taken on the trek; they showed great endurance, resilience, leadership and teamwork.

The Geelong Advertiser recently featured an article listing the Geelong and Colac region's most successful schools based on the 2016 VCE results. The great news was that our College was listed as the Geelong and Colac region's most successful state school and fifth most successful of all Geelong and Colac region schools, including private schools. This is wonderful recognition for the hard work and dedication of our VCE students, teachers and Parents/Carers.

A huge congratulations to all involved!

Karen Biggelaar - Principal

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or call Michelle Kelava on 03 52891415.



AAA: A SILENT KILLER?

Dr David Mullen - Lorne Medical Centre



Abdominal aortic aneurysm (AAA) is a dangerous swelling of the aorta – the main blood vessel that runs from the heart, down through the abdomen to the rest of the body. When present they will enlarge slowly and silently until they typically burst. These AAA's account for more than 1,000 deaths per year in Australia.

In general, if you have an AAA, you won't know - it usually causes no symptoms. You probably won't feel any pain or notice anything different.

The problem arises when it bursts, this a medical emergency with a very high fatality death rate. When this occurs it causes symptoms and you will know you are not well. Usual symptoms are abdominal / lower back pain. 8 out of 10 people with this emergency either die before they reach hospital or don't survive surgery.

This contrasts with elective/planned surgery to fix an AAA, where mortality rate can be as low as 2%.

The treatment of AAA's is not what it used to be — in particular, recent advances in endovascular surgery have

dramatically lowered the associated risks and mortality of elective AAA surgery.

In Australia approximately 5% (one in twenty) of men over 65 have an AAA. This increases with age to 10% in the over 80's. In women, the incidence is much lower, occurring at 5% in over 75's.

Unlike the UK, USA and Sweden, Australia has no formal screening (looking for the problem before symptoms occur) for AAA's. Detection is usually by chance finding on a scan for something else or from risk factor analysis. In the listed countries their screening programme targets men over 65.

These men are called in for a screening scan to test for the condition. Screening involves a simple ultrasound scan of your stomach (abdomen), which takes about 10-15 minutes.

Most AAA's detected like this do not need surgery to fix the problem. Often, all that is needed is monitoring. Surgery is only indicated when an AAA is large or is growing speedily.

If you would like more information about AAA's or to see if you should have a scan, you should have a chat to your GP.

At the Lorne Community Hospital and the Lorne Medical Centre, we have the facility to check for AAA's. This is due to the Lorne Op Shop donating a pricey point-of-care Ultrasound machine. This state of the art medical device has many applications. For example, in its short time in Lorne it has already helped save lives of people in emergencies at the 24 hour Urgent Care Service.

So a special thank you to all past and present volunteers of the Lorne Op Shop and for all the work you do for our community. For everybody else – call in and support the Op Shop!!

Slap? Sledge ?

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LETTER

HOMES, YES. BUT WHY BUILD NEW?

Lorne needs affordable housing for our essential service providers (e.g., teachers, doctors, nurses, police, hospitality workers). And for the next generation growing up here who should not be priced out of living near home.

Graham Brawn and a team of architecture students have been working on the design of new affordable housing stock. Their initiative in envisaging a better and fairer future for Lorne residents is to be applauded.

But new housing is surely not the only option? If the plan is to lobby government, seek grants and set up Trusts, why not consider a second option for a home equity scheme that could buy up a variety of our existing housing stock? For two types of uses: rental and subsidised purchase?

The advantage of “Plan B” is no change to the existing footprint and no threat to the historic treescape of the town. Plus the homes owned or supported by a Community Housing Trust would be scattered throughout the community. That is, no one area with a concentration of affordable housing.

Let’s discuss and fully investigate the costs and benefits of a range of solutions before we make irreversible changes to our landscape. The meeting about this, reported in last month’s Lorne Independent, appeared to be open to a range of options. But the adoption of the term “Land Trust” seems to favour just one.

**Penny Hawe
Lorne**

Inquiry about the Spanish Flu

I have been making enquiries about the impact of the 1919 Spanish Flu epidemic that so disastrously affected the small community on Wickham Track.

There were at the time a post office, school and church at this location.

It seems there were, apparently, around twenty deaths attributed to it.

I learned that Lindsay Murnane’s great grandmother was quarantined to care for victims at a property in Topp Street.

Other than this, I am finding details to be scant and information difficult to find so if anybody can help in this regard please contact me here at The Lorne Independent.

Thank you,
Doug Williams.

SPORTSBRIEFS

John Ford

All Eyes on September

Lorne's sporting teams are making all the right moves to be part of September Finals action. This includes Football seniors and reserves, A Grade and B Grade Netball teams and Lorne Country Club's mens Tennis team. This current good form points towards an exciting September for our town. Before we get ahead of ourselves though, there are still important matches to be played in all sports throughout August. All these teams deserve our support – and most players rise to the occasion in front of good crowds of supporters.

Dolphins Football

Lorne's senior football team is third on the CDFNL ladder with eleven wins and three losses. Birregurra remains undefeated on top but the Dolphins pushed them very close in their recent encounter at Birregurra. Then on July 22nd Lorne had an impressive win at Irrewarra-Beeac on a very windy afternoon. Lorne's final score was 14.14:98 to 7.5:47, with Kane Smartt kicking four goals.

Lorne's reserves team had a 6.7:43 to 5.5:35 on the same day and are second on their ladder behind Alvie. With this team doing so well, the club has a great depth of players to choose from for the upcoming finals. This should be a pleasant problem for the selectors.

However, as we all know, it takes skill and talent combined with dedication and even a measure of luck to do well in finals. Lorne seems to have this necessary blend in both the seniors and reserves, but can still improve especially in accuracy in front of goal. I believe that the Dolphins could be a three or four goal per match better team with improvement in this area – as in most matches many routine shots are being missed.

Lorne's next football (and netball) matches are as follows: 29th July, home to Western Eagles; 5th August, away at Apollo Bay; 12th August, home to Alvie and the final match is on 19th August away at Otway Districts. The finals series begins on 26th August. As spectators we should see as many matches as we can, including the netball teams which are also performing really well. Go Dolphins!

Netball

Lorne's A Grade and B Grade Netball teams are both having a great season and will see finals action. On 22nd July the A Grade team had a 42 to 39 victory over Irrewarra-Beeac, while the B Grade team won by 30 to 29. These matches were very close throughout but in both cases Lorne had the tenacity and poise to win.

The A Grade team is now second on the ladder and the B Grade team is on top of the B Grade ladder. These teams have players of a range of ages and experience and should do well in the finals. The C Grade team is fifth on the ladder if they can maintain their recent good form will likely also see finals action.

The junior netball teams have found it a little difficult this season, but are being well coached and encouraged to keep developing their skills and fitness. Many of these girls play more than one match each Saturday, are involved in umpiring and also do a shift in the canteen! The netball club is an impressive operation and many players are being given opportunities to gain experience in the higher grades. Make sure you encourage these netballers who are the senior teams of the future.

Winter Tennis

Lorne Country Club's Winter Pennant tennis team is on target to see finals action. A four sets to two win over top team East Geelong Uniting at their courts on 22nd July on a windy day, and a five sets to one victory the previous week at home have given the team added momentum. The competition is quite even and it seems that any team can win on any given day. Lorne has the benefit of currently having all its players available and in form, so can look ahead to the finals with some confidence. The team sits second on the ladder with three matches remaining before finals.

Remember, social tennis continues right through winter on Wednesday afternoons and Saturday mornings. Visitors of any standard are always welcome, for a \$10 fee. New memberships are available and encouraged.

Ladies Golf

Spring will soon be here and now is the time to think of golf lessons. A ladies golf clinic will be commencing at the Lorne Country Club on Monday 4 September. Jason Kraan, one of the golf professionals from Anglesea Golf Club, will be available from 10 am until 1 pm for not only a group lesson but also private lessons. Jason will cater for anyone who would like to improve their game or to teaching a beginner. If anyone is interested in lessons please contact Jason direct on 0422049030 or Lesley on 0437028169. This is an excellent opportunity to get quality coaching so don't miss out.

The Tuesday Ladies Golf morning is persevering through winter. Regardless of the weather our friendly group of ladies always welcomes newcomers. Play commences at 9 am sharp and it's your choice whether you want to play 9 or 18 holes. For further information please contact Lesley Goldsworthy on 0437028169 or Caroline Bartholomew on 0419317011.

Happy hitting
Lesley Goldsworthy
Lady President

Remember to tell us who you would like to see in Sportsbriefs!!! Articles to John Ford at 35 George St, or email to byswerdi2@bigpond.com

AQUATIC CLUB

Commodore's notes

Graeme Norton - Commodore

Image below of the severe erosion happening at the North Lorne pine tree carpark

At our July general meeting, Committee for Lorne chairman, Ian Stewart accepted our invitation to discuss the importance of a united approach to the next phase of the Pt Grey Redevelopment.

The July 14th GORCC scheduled meeting was postponed until August 11th. The Masterplan will be discussed along with the implications of the Business Case.

The platform that I will be taking to this meeting will be to inform all representatives that the LAAC is very concerned about the erosion problem at Pt. Grey and that we are ready to design a new building, to seek funding support and to assist with the aspirations/visions for an economically viable commercial aspect to the precinct.

Another successful financial year has come to an end and secretary Ange will be working with auditors to complete our Annual Financial Report for presentation prior to the AGM.

The LAAC Community Fund established to support local Greg Saunders with his ventures associated with yachting for the disabled at the Royal Geelong Yacht Club has received solid donations. If you wish to assist Greg, please donate to - BSB 063-708, Account Number 1008 8524, Account Name LAAC Saunders, please use your name as a reference.

Point Grey boat launching area

Your Committee has been expressing concerns re the erosion problem at Pt Grey since 2009. Photographs show that up to 2 m of land has been lost over this period of time. A letter of concern has been forwarded to Caleb Hurrell – Port of Lorne Manager asking for immediate staging of restoration work both here and at North Lorne.

Fishing Competitions – Winter Comp No 3.

Senior winners – Kevin van Deuren (snapper) Tony Gallaher (snapper) Paul Staley & Andrew Clarke (fathead)

Junior winner – Jack Addison (grass whiting)



We now have a new “Members Fish Records” board displayed in the window of the club house. Any member can weigh in any fish listed on the board no matter when it is caught, as long as it is caught within our designated boundaries.

We have a new set of scales that are in the fish cleaning area. All you have to do is weigh your fish, enter it in the book that is in the wall cabinet near the scales. It must be witnessed by another member. Gummy and School Sharks must be weighed completely gutted.

We urge all Anglers to gut them as soon as possible after capture because the females often have pups that swim away and hopefully survive. Also they taste better if you gut them immediately.

If your fish is a record it will go on the board and stay there with your name next to it until a bigger fish is caught, so it could be there for a few days or many years.



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A CONIFER BY ANY OTHER NAME

Well thank goodness for Carl Linnaeus. Known as “the father of taxonomy”, he was an 18th century Swedish botanist who devised the binomial system of plant identification we still use to this day.

Without his system of nomenclature there would be widespread confusion regarding the correct name of certain plants and disagreement over

what the ‘correct’ name for one might be. Really, I’m not a plant snob but when a gent I was travelling with confidently asserted that the conifer making such a signature mark on the landscape we were travelling through was *Pinus columnaris* I simply had to disagree. Known as pencil pine to me, it is commonly referred to as Persian, Italian or Tuscan cypress and its profile in the vistas of Tuscany has long been my archetypal way of seeing them in both rural and village settings. So, of course, I looked it up and found that *Cupressus sempervirens* is native to Mediterranean

Italy in the west, the Balkans, Turkey to the east and Egypt in the south. Thus recently travelling through Croatia and Albania they were as much a part of the landscape as they are in southern Greece. And don’t they look wonderful as a vertical accent in any landscape, whether man-made or natural. Not so many around Lorne and the coast though, albeit they do perform well in the suitable climate provided.

And then I discovered that they have quite the landscaping history. It’s also native to Iran where it is important in garden design and where there are specimens that are four thousand years old. “In classical antiquity, the cypress was a symbol of mourning and in the modern era it remains the principal cemetery tree in both the Muslim world and Europe.”¹ You’ll see them planted around cemeteries in Italy and Istanbul, Tehran and Tirana. I’m surprised that none

have been planted in our own cemetery. It gets a mention in Greek, Iranian and Roman literature for having associations with grief and tragedy. And of course it is a subject of countless landscape photographs and for painters, including our old friend from the Irises column in June, Vincent van Gogh. And what does the visual artist care for Linnaeus, what do we? Not a jot, not a fig. Most of us are only interested



in the end result after all and the correctness or not of how a plant is described doesn’t come into it. It’s only the plant people who care and for the sake of clarity and in the interests of accuracy it is important to know the right name. Of course this doesn’t mean appreciation of what we are looking at is any different; it’s just that you, me, Linnaeus and Vincent, we all see through diverse eyes. . Italian cypress will grow readily under Lorne conditions and yet there are not many in town. Anybody knowing the whereabouts of one, please feel free to contact this column.

1. Wikipedia

Doug Williams

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THE FLU IS HERE

But it is not too late to Vaccinate

As the winter chills descend, it is timely to remember to protect yourself from an unwanted visitor and be vaccinated against influenza.

Victoria's deputy Chief Health Officer, Dr Brett Sutton, said there was no shortage of vaccine supplies across Victoria and everyone, especially people at most risk of contracting the flu, should be immunised.

"We know our seasonal influenza rates are up, with the overall number of confirmed influenza cases in Victoria up 81 per cent, compared to the same time in 2016," Dr Sutton said.

"It's not too late to vaccinate to provide protection against the top four circulating strains of influenza.

"Influenza vaccine is available from general practitioners, many of whom also have practice nurses who are skilled at immunisation and also from pharmacists who are qualified and trained to give immunisations.

"The elderly, infants, those with chronic conditions such as heart or lung disease, renal failure, diabetes and chronic neurological conditions, the immuno-compromised, pregnant women and smokers should all be immunised.

"Aboriginal and Torres Strait Islander people also generally experience more severe illness.

"Severe disease may also occur in otherwise healthy children and young adults. Annual attack rates in the general community are typically five to ten per cent, but may be up to 20 per cent in some years," Dr Sutton said.

Typically, the annual influenza season in Victoria occurs between April and October.

Dr Sutton said the flu is a highly contagious viral infection, spread by contact with fluids from coughs and sneezes.

"The most common symptoms of the flu are sudden high fever, a dry cough, body aches, and feeling very tired and weak.

"Infections in children may also be associated with gastrointestinal symptoms such as nausea, vomiting and diarrhoea. Croup is a common presentation in children.

"Most symptoms resolve within seven days, although the cough may persist for longer. Complications of influenza include middle ear infections, secondary bacterial pneumonia and worsening of underlying chronic health conditions.

"Most otherwise healthy adults will be able to infect other people up to seven days after becoming sick, so the best way to avoid spreading the flu is to stay at home while you are unwell.

"It is also important to practice good cough etiquette at all times. This includes coughing into a tissue and disposing of it immediately, or coughing into your sleeve.

"Good hand hygiene is also important. Wash your hands regularly using soap and water, particularly if you cough into your hands," Dr Sutton said.

Further information on influenza is available at the Better Health Channel:

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/flu-influenza>



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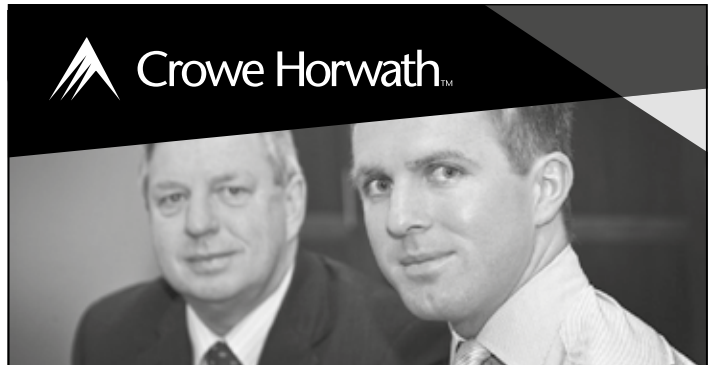


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VISITING LORNE WEEKLY

HUMBLLED BY KOKODA

Lorne P-12 College students humbled by Kokoda Trek and Papua New Guinea experience

Twelve students from Lorne P12 College: Max Caon, Alex Umbers, Liam McCauley, Jarred Shaw, Emily Ross, Laura Babare, Aidan Lewis, Noah Lingam, Oscar Caulfield, Patrick Coleman, Phoebe Lingam, Tilo De Bon recently returned home safely after successfully completing the Kokoda trail as part of their 'Adventurous Journey' component of The Duke of Edinburgh's International Award.

School staff members: Simon Scholtes, Tony Speed and Amy Lane accompanied the group. The trip was coordinated by Bobby Hale at On Track Expeditions, with Sergeant Jeff MacDonald from South Australia Police guiding the trip. The local Abuari village elder, Naden Lovei and brother Isaac, including the villagers led and assisted the group safely and successfully across the

Owen Stanley Ranges from Ower's Corner to Kokoda, including transport to and from the airport. Without this amazing group, their collaboration, friendship and cooperative nature, the trip would not have been able to go ahead. The Lorne P-12 College participants greatly appreciated the effort by all who supported us. We acknowledge the work of Bill James for his book "Kokoda" as it provided us with an amazing account of wartime history focusing on the events from July to September 1942.

The trip would have not been financially viable had it not been for the support and nomination from The Duke of Edinburgh's International Award – Australia and the generosity and sponsorship from The Flight Centre Foundation who offer 2 fully funded trips to schools in Australia! Thankyou so much for allowing us to have such an amazing experience.

The trip was humbling, for many reasons. Despite the training we undertook, we still underestimated what was required for such a trip; the mental preparation and resilience given the variables such as the weather, health and fitness. The memories shared

about the history and significance of the Kokoda campaign will remain with us all and will be shared with others from the broader school community.

We returned from the trip with an appreciation of the magnitude and the impact that the Australian victory over Japan at Kokoda had on the outcome of the war. Whilst completing the track gave



us an empathy with some of the hardships endured in the war, the reality was that no one was shooting at us, we weren't starving and we were protected from most diseases that debilitated the Diggers and their opponents. Having said that, it was still no easy expedition, yet not one complaint was heard from any member on the trip any time, even when students were vomiting or feeling unwell. Not one! We are so proud of the students for their commitment and resolve.

A dawn service was held at Isurava: led by Jeff McDonald, the 'Ode to the Fallen' read by Noah Lingam and the names of those lost read by Laura Babare. It brought together participants, locals and other tourists for a chance to reflect on the past and be thankful for the today we have. Surely we can now live in a world where these nightmares remain in the past and we can focus on a positive future. Hence driving home the importance of living in a world where all nations and communities can strive for peace and unity.

From the July P-12 Newsletter

ARTS TRAIL

Mapping out your Surf Coast Arts Trail weekend

A pop-up exhibition recently provided a sneak peek into the incredible range of art that will be on display as part of the 2017 Surf Coast Arts Trail.

Held between 12 and 13 August, the 2017 Surf Coast Arts Trail will showcase the largest number of artists in its six-year history. Mayor Brian McKiterick encouraged people to start planning their trail weekend. The trail is designed for people to visit listed artists and enjoy their art within the confines of their studio and place of creation.

“The Surf Coast Arts Trail map is available at local Visitor Information Centres and the Council office in Torquay, while it can also be downloaded from our website,” he said.

Cr McKiterick said the trail offered something for everyone, with a diverse range of art on display including wood carving, sculpture, painting, jewellery making, animation and pottery.

To download the Surf Coast Arts Trail map, visit www.surfcoast.vic.gov.au/artstrail. It is also available from local Visitor Information Centres and Council office in Torquay.

WRITE THE SURF COAST ARTS TRAIL

Writers of all ages and abilities are encouraged to participate in the inaugural Words from the Surf Coast Arts Trail project.

Running alongside the popular Arts Trail on 12-13 August, the new initiative will provide writers with a unique opportunity to actively engage with local artists and use their work as a source of inspiration for creative writing.

Over the past six years, the Arts Trail has allowed more people to visit studios, galleries and other venues across Surf Coast to see artists at work, talk to them and explore their collections, said Writers Victoria’s Surf Coast Regional Ambassador Gail Chrisfield.

Participating writers are then welcome to present their words and photos at a free Words from the Surf Coast Arts Trail event at the Surf Coast Arts Space in Anglesea on Thursday 31 August 2017 from 6.30pm. Prizes will be awarded for the best ‘open mic’ entries, with the event also featuring curated wordworks by several award-winning authors, including Mark Smith and Miranda Luby.

More information is available on the Words from the Surf Coast Arts Trail page on the Writers Victoria website or by calling 03 9094 7855.

Writers Victoria acknowledges the support of Surf Coast Shire Council’s Small Grants program and the Grace Marion Wilson Trust in making this initiative possible.

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VALE JOAN WHEAL

Lorne has an enormous debt to Joan Wheal, perhaps the most important being the purchase of the freehold and setting up of the iconic Lorne Opportunity Shop, our Op-Shop, right on Mountjoy Parade.

Joan was a founding member of the Lorne Ladies Hospital Auxiliary and was heavily into raising funds to acquire the land and building for the Op Shop in Lorne.

She had the foresight to understand the importance of the Auxiliary owning the land on which to operate the charitable good operation and it made better sense than renting premises.

Now the Op-Shop is one of the most profitable businesses in Lorne, and contributes tens of thousands of dollars each year to the development and maintenance of the Lorne Community Hospital.

The Auxiliary is also most generous of other projects in and around our town.

She was also a member of the Hospital Board of Management for some years.

Joan grew up in Melbourne where he father was a baker. In 1955, she married Graham Wheal and moved with him to Lorne where Graham started up the town's first taxi service.

There were two children of the marriage – Peter and Shane.

Working for the community was Joan's passion.

She spent countless hours researching Lorne's history as a member of the town's Historical Society, cataloguing and preparing photos for display.

A touch typist, Joan was publisher and editor of the Lorne News, gathering information and typing the weekly edition of the paper on a stencil, and then printing it off on a hand cranked roneo printer, a low-cost duplicating apparatus that worked by forcing ink through a stencil onto paper.

Just over 40 years ago, as a Lorne Lion, Joan was instrumental in setting up the now famous Lorne Lions Easter Art Show which provided a forum for primarily local as well as other artists to show their work.

More than a few of well-known Surf Coast artists owe their start to exhibiting first at the Lions Easter Art Show. Joan was honoured for her work by being name Citizen of the Year for 1983 and 1984 by the then Winchelsea Shire Council to which then Lorne belonged.

Always ready to help out the people of Lorne, in her senior years Joan often drove elderly residents to appointments and social functions.

There is much Lorne and its citizens have to thank Joan for!

Compiled from notes provided by Peter Wheal.



EXPRESSION OF INTEREST

Catering Contract Lorne Country Club Inc

Lorne Country Club (LCC) is seeking expressions of interest for the provision of catering services over the busy summer holiday period.

- Opening hours are negotiable but LCC would require the caterer to provide dinner 7 days a week from mid December to Australia Day weekend 2018.
- Additional catering opportunities are available by agreement with the Club.
- Additional information is available from the Secretary, gmatthews5@bigpond.com.
- Submissions close on Friday 25th August and should be sent to the above email address.

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SOLAR POWER IS STARTING TO SPREAD

Winchelsea is the next stop for the Power Up renewable energy roadshow, with the event to be held in a local building that is embracing energy efficiency.

In a Council initiative, Solar PV panels have been installed on community and civic buildings across the Surf Coast.

Surf Coast Library, Lorne Visitor Information Centre, Jan Juc Preschool and Council office in Torquay have also received panels as part of the solar project.

The solar energy generated will be used on-site at the respective locations, reducing electricity costs for Council and the community.

Councillor David Bell – who is a member of the Renewable Energy Taskforce – was pleased to see solar panels installed on various community facilities.

“As an organisation, Council needs to demonstrate that it’s playing its part in generating renewable energy,” Cr Bell said.

“This project also ties in with the planned microgrid collaboration with Surf Coast Secondary College and Deakin University, which was included in the 2017-18 Budget.

“It all shows that Council is serious about its goal for the Surf Coast region to generate 25% of energy from renewable sources by 2020.”

The solar project and Power Up are part of the joint Council-community Towards Environmental Leadership program.

The renewable energy roadshow aims to help community members access reliable and trustworthy information about renewable energy, what Council is doing and how they can get involved at home.

Positive Charge is coordinating a solar bulk-buy program on behalf of Council and will also provide advice about becoming more energy efficient.

More information is available at www.surfcoast.vic.gov.au/powerup or by calling 5261 0600.



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THE FIGHT AGAINST PLASTIC BAGS

Anyone who has walked the beach and seen the pile of plastic bags, plastic fishing lines, netting, bottles, and other litter caught between rocks or just washed up on the sand, will realise the damage being done to the environment and especially creatures of the sea.

When plastic goods – plastic is a side product of natural oil – made an appearance, the use for it seemed infinite.

One of the main uses was the proliferation of cheap bottles, and most of all, plastic bags for carrying anything, from supermarket goods to wrappings. More and more however, a wide range of plastic products are now seen as contaminants.

Our Foodworks supermarket has now joined the country-wide movement to go Plastic Free. Foodworks Lorne in partnership with the Lorne Goes Plastic Free campaign has committed to a 12 month plan to reduce single use plastic bags.

There will now be a fee of 10 cents per plastic bag to help discourage the use of plastic bags.

Foodworks has also invested in some cages that now hold boxes for customers to use in store.

The supermarket will also provide free-of-charge three Orange reusable bags to assist with the transition for residents of Lorne, Aireys Inlet, Deans Marsh and Wye River.

Enviro Bag, along with Paper Bag options, are also available for purchase at the checkout.

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For more information phone Adrian on 0419 114 003 or email lorne@ses.vic.gov.au

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Bar: Thursday – Monday from 4.00pm

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Restaurant Bookings: 5289 1462

Catering enquiries: Luke 0467 249 780

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**MEDICAL
CLINIC
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MARSH**

The Deans Marsh ‘footy shed’ will be the temporary home of a weekly medical clinic staffed by professionals from the Lorne Medical Centre. The clinic will operate every Wednesday from 9.30 am to 12 noon. To book an appointment with Dr David Mullen and his medical team.

**Please contact the Lorne Medical Centre
on 5289 4333.**

Trees removed today!

Lorne, Wye River, Kennett River, Aireys inlet, Torquay,
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IMPORTANCE OF SLEEP

Everyone's need for sleep varies. The amount of sleep we need depends on our age, lifestyle, diet, personality and environment. Generally, we sleep less as we get older and our sleep tends to be more broken. Newborn babies tend to sleep for around 16 hours out of every 24, while adults average eight hours and the elderly sleep a little less.

Sometimes it is difficult to get a good night's sleep. You might be finding it hard to go to sleep, be restless during sleep, or waking up during the night or very early in the morning, and not be able to get back to sleep. Perhaps you are not feeling refreshed from sleep; feeling tired, irritable, anxious or depressed; or finding it difficult to concentrate, remember things and make decisions. These may be signs that you have a sleeping problem.

Common sleep problems include:

- insomnia – difficulty getting to or staying asleep, or not feeling refreshed after sleep
- sleep apnoea – a condition that causes breathing to stop for short periods of time while sleeping
- restless legs – a condition that causes discomfort in the lower legs and improves with movement
- sleep behaviour disorders – such as sleep walking and night terrors.

Insomnia is the most common sleep problem. It requires assessment to determine whether the cause can be identified and treated. Other sleeping problems, like sleep apnoea, may require treatment at a sleep disorder clinic. Snoring may be harmless or it can be a sign of an underlying condition such as obstructive sleep apnoea. If you are concerned, worried or anxious about your sleep health, talk to your doctor or local pharmacist. Sleeping problems should be investigated.

Insomnia can be caused or worsened by a number of factors. Some environmental factors that may cause or worsen insomnia include sleeping in a room that is noisy or too brightly lit, sleeping in an uncomfortable bed, or feeling too hot or too cold.

Sleep can be improved by sleeping in a darkened, quiet room with plenty of fresh air, using clean bedding that is suitable for the weather, and using a comfortable and supportive mattress and pillow. Avoid using electronic devices, such as mobile phones and computers, immediately before sleeping, as they can affect the body's ability to relax before sleep. Pain or discomfort can also cause insomnia and should be investigated.

Sleep can also be affected by your lifestyle choices. To improve your sleep health, try:

- winding down and relaxing before bedtime
- relaxation techniques (e.g. meditation)
- regular exercise during the day
- consuming less alcohol and caffeine.

Your local pharmacy is your health destination and can provide a range of products, medicines, services and advice to support healthy sleep habits. These include:

- sleeping aids, such as those to relieve snoring
- prescription and over-the-counter (OTC) medicines
- medicine advice, including how medicines affect sleep
- healthy lifestyle tips and advice to improve the quality and quantity of sleep
- services to help you lose weight
- services for sleep disorders (e.g. sleep apnoea).

This year, Sleep Awareness Week will be held from 3-9 July. Visit the Sleep Health Foundation's website for further information as well as fact sheets about sleep-related topics and other resources.

For more information, you can get a Self Care Fact Card titled Sleeping problems from pharmacies that provide the Pharmaceutical Society of Australia's Self Care health information.



**Your monthly health newsletter brought
to you by the team at the
Lorne Pharmacy & Beauty Retreat**

Renea Forsyth is our regular Wednesday pharmacist, specialising in women's health issues, mother and baby care, skin problems and fashion ... Come in for a chat any Wednesday

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GRAND GOLFERS GETAWAY!

Whether it's surfing or a game of golf that you love, take your pick! Located in a quiet, cul-de-sac overlooking the 4th fairway is this impressive golfers retreat!

You're immediately welcomed into the heart of this spacious home via entry from the double carport to the open plan kitchen/living/dining area which is on the middle level, featuring polished timber floors. This opens onto a wrap-around timber deck providing convenient access to the functional kitchen which offers plenty of natural light. The master bedroom with ensuite takes in a pleasant north facing bush aspect.

The upper level boasts a further two bedrooms (with BIR) opening to private deck taking in golf links views, main bathroom with luxurious corner spa and study or fifth bedroom. On the lower level, take advantage of the fully self-contained bed-sit with kitchenette, bathroom and private deck, perfect for the investment savvy to rent out or use for the extended family.

With well maintained, low maintenance gardens, enormous attic/teenage retreat and third carport, this property ticks all the boxes for those looking for the perfect functional family home.

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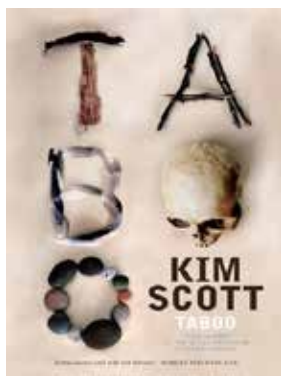
• 4 bdrm, 2.5 bath \$600 p/w

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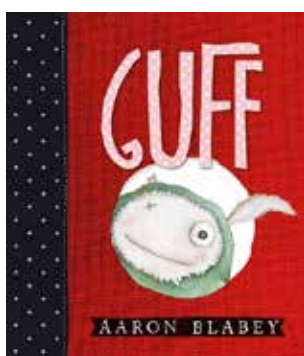
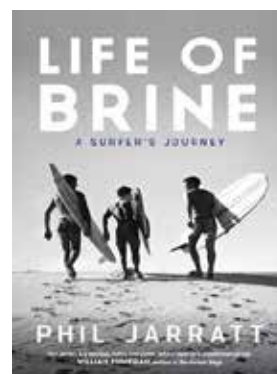


From Kim Scott, two-times winner of the Miles Franklin Literary Award, comes a work charged with ambition and poetry, in equal parts brutal, mysterious and idealistic, about a young woman cast into a drama that has been playing for over two hundred years ...
But the sins of the past will not be so easily expunged.

Taboo, Kim Scott, \$32.99

Phil Jarratt has courted controversy in his long career as a journalist, editor and chronicler. He pulls no punches as he rides an exhilarating wave of nostalgia from the sixties up until now, through the heady days of drugs, alcohol and excess in the surfing culture. This is a book that will be devoured by surfers young and old.

Life of Brine, Phil Jarrett, \$29.99

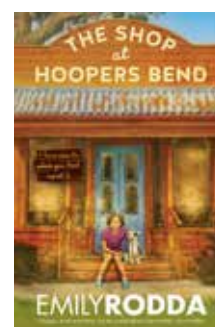


This is my Guff.
He's really nice.
I've known him since I was little.
And I still know him even now I'm big...

Guff, Aaron Blabey, \$16.99

From one of Australia's most renowned children's authors, this is a story about coming home when you didn't even know that was where you belonged.

**The Shop at Hoopers Bend,
Emily Rodda, \$16.99**



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SATURDAY PAPER

THE MONTHLY

Australian politics, society & culture

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